Hosting Appeal

Dear Visitor. The Tap has become increasingly busy and we can't stay online without your help. We need a hosting account upgrade to help cope with the increased activity and keep this free blog online. In this age of great change The Tap is a valuable independent resource where we can come together and share information the controlling parasites would rather we didn't have. Please help if you can and donate a small amount towards the hosting costs. Your donation will make a huge difference. Thank you in advance. **Click here to donate**

How they turn healthy milk into unhealthy

Tue 5:40 am +00:00, 4 Feb 2025 2

posted by Tapestry

Big Dairy and industrial agriculture weren't satisfied with nature's design. They've been quietly working to override this ancient system, and they've succeeded in ways I never thought possible.

I used to believe that a cow's natural biohydrogenation process was bulletproof — that you really couldn't manipulate the fatty acid profile of dairy products (or meat). I was wrong.

Scientists have developed what they call "rumen protected fats" — essentially, fatty acids wearing armor against the rumen's natural transformation process. These protected fats, 'oilseeds' and other mixes often derived from industrial seed oils, bypass the rumen's defenses, allowing more unsaturated fats to reach the cow's milk. This alteration increases the unsaturated fat content in the milk, disrupting its natural fat profile.[2]

> *"New protected fats were developed in recent years that were designed to resist biohydrogenation and enhance the concentration of unsaturated fatty acids in milk."*[3]

When we increase PUFAs (polyunsaturated fatty acids) in dairy, we're not just adding something — we're taking away the saturated fats that our bodies need for optimal metabolism and health. It's a zero-sum game where we're the ones losing.

Some efforts have been able to decrease the saturated fatty acid content of milk by 20% — A fatty acid change that does not support our health and metabolisms.

What we're witnessing is nothing short of a systematic attempt to rewire nature's perfect design. While the food industry may celebrate this as innovation, it's worth asking: Should we be trying to "outsmart" Mother Nature?

The answer, for those of us who understand the vital importance of traditional, nutrient-dense foods, is clear — Mother Nature always knows best.

Where Did This Come From?

Dairy products have been a part of human diets for over 7,000 years,[4] valued not just for their taste but also for their energy and nutritional density.

Nature designed milk (and dairy products) with a specific blueprint — a carefully balanced composition of fats that has remained largely unchanged throughout history. This natural formula features a higher proportion of saturated fats compared to unsaturated ones, with linoleic acid typically making up a modest 1% to 2% of the total.

When some of these "rumen-protected fats" are introduced, the linoleic acid content can increase by up to three times.[5] Let's keep butter as butter and avoid turning it into something closer to margarine!

Buy Us a Coffee

Buy The Tap a Coffee

Search The Tap

Search ... Search

Submit News

Member Menu

Login Forgot?

Have an account?

Log in or sign up! It's fast & free!

Username:

Password:

Remember me

Login

Help Support The Tap

Support the Tap

Help with hosting costs

Donate Now ›

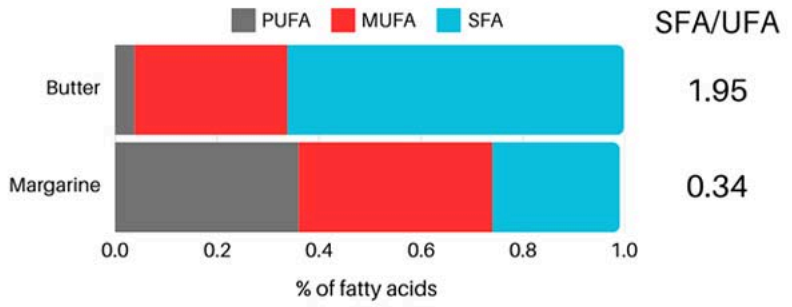
Secure Donation

Donor Dashboard

Buy The Tap a Coffee

The Alternative View Newsletter

Subscribe for news and event info:



@strong.sistas

@strong.sistas

Save This Article for Later – Get the PDF Now

Download PDF

So Why Do We Now Think We Are Smarter Than Nature?

For over half a century, we've been sold a compelling but flawed narrative: saturated fat is the villain, and unsaturated fats are the heroes. This oversimplified story hasn't just shaped public opinion — it's fundamentally altered our food system.

Traditional cooking fats like tallow, butter, and ghee (rich in saturated fats) have been pushed aside in favor of more unsaturated alternatives like margarine and seed oils. We've witnessed this transformation in how we raise chickens and pigs, as well, where traditional feeding practices have been abandoned in favor of high-PUFA diets from industrial monocrop agriculture that has fundamentally changed the fatty acid composition of these animals, which we then eat.

Perhaps most concerning is how deeply this bias has infiltrated scientific literature. Consider this startling quote from recent research: "The negative effects of SFA seem to outweigh their positive functions in milk, so more research is needed to reduce the amount of SFA in milk."[6]

Interest in manipulating the fat content of milk reached its peak in the 1980s, when the U.S. Department of Health and Human Services and USDA's Dietary Guidelines ramped up its campaign against saturated fat and cholesterol.[7]

But here's the irony: while industry and policy makers were busy trying to "fix" dairy's natural fat profile, a wealth of research was quietly accumulating that told a very different story.

Modern science has revealed that dairy fats (that are naturally high in saturated fat and low in polyunsaturated fats) aren't the health villains we once thought they were. Research repeatedly shows that dairy fats benefit our health.

Dairy fats have a neutral or positive effect on cardiovascular health[8]

There no significant association between full-fat dairy consumption and increased risk of heart disease or stroke[9]

Dairy consumption does not contribute to diabetes, and may even have a protective effect[10]

Dairy consumption has been linked to increased lean body mass and reduced body fat[11]

Email

SUBMIT

Events in the UK

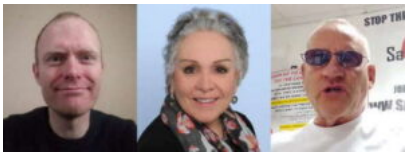
The Alternative View 5G Special

Date: 9 March 2025

Time: 11:00 - 16:30

Location: The Glanrhyd Coronation Club, Glannant, Ystradgynlais, Swansea, SA9 1BQ

More info



Speakers: John Kitson – Claire Edwards – Mark Steele

Each speaker will be focusing on a different aspect of 5G and associated subjects

Event hosted by Gary Fraughen

Info and Booking

The Glanrhyd Coronation Club, Glannant, Ystradgynlais, Swansea, SA9 1BQ

The Alternative View Presents Roger Anderton

Date: 4 May 2025

Time: 11:00 - 16:00

Location: The Assembly Rooms, Glastonbury, Somerset, UK

Einstein Wrong and Special Relativity Revisited

The Assembly Rooms, High Street, Glastonbury Sunday 4th May 2025

Join us in Glastonbury for **The Alternative View Presents** Roger Anderton

Event hosted by Gary Fraughen

Info and Booking

The Assembly Rooms Glastonbury

The saturated fatty acids found in dairy may improve energy balance through reduced fat synthesis and increased fat oxidation[12]

It seems nature's wisdom, refined over thousands of years, might exceed our modern presumptions about nutrition. The lesson? When it comes to saturated fat from whole, natural food sources like dairy, our fears have been misplaced.

Yet this misconception hasn't persisted by accident. Major agricultural and pharmaceutical industries have built empires on the "cholesterol is bad" doctrine. Maintaining the "saturated fat is harmful, unsaturated fat is healthy" narrative serves their bottom line, helping drive billions in statin drug sales and propping up the industrial seed oil market.

The time has come to reconsider what we think we know about fats and return to a more nuanced understanding of these essential nutrients — one that isn't clouded by corporate profit motives.

What Does the Research Say About Fatty Acid Manipulation in Dairy?

Nature designed ruminants — like cows and goats — with a remarkable ability to convert dietary polyunsaturated fats (PUFAs) into saturated fats (SFAs). But there's a catch: when these animals face an unprecedented flood of PUFAs in their diet, their natural conversion systems become overwhelmed. The result? Those excess PUFAs find their way directly into their milk and fat, bypassing the animal's natural protective mechanisms.

The culprits behind this PUFA overflow are industrial oilseed crops — soybeans, cottonseed, flaxseed, sunflower seed, safflower, canola, rapeseed, and peanuts. These crops, specifically cultivated for their high oil content, contain such excessive levels of PUFAs that they're overwhelming animals' digestive systems, leading to higher PUFA and lower SFA levels in dairy — exactly the opposite of what traditional dairy provides for optimal health.

The scientific literature is brimming with evidence of how easily we can manipulate dairy's fatty acid profile by changing what the ruminants eat.[13,14,15]

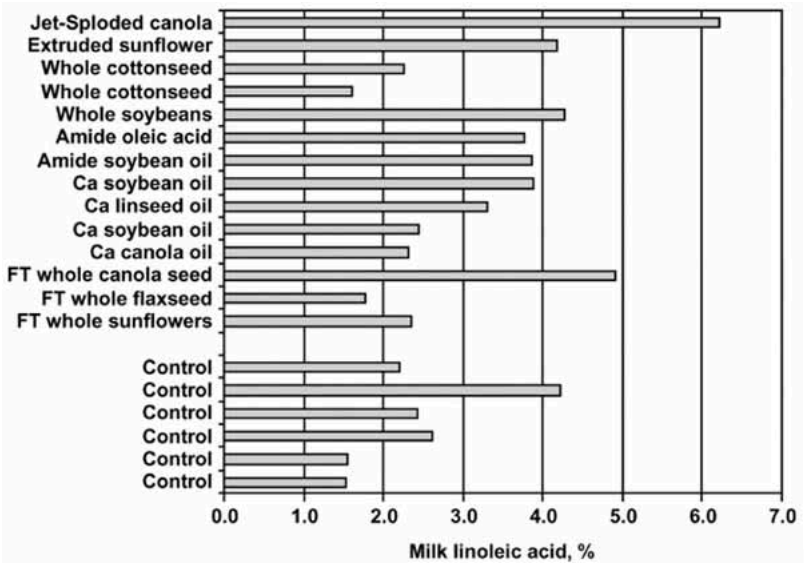


Image from: Journal of Dairy Science, Volume 89, Issue 4, April 2006, Pages 1302-1310

The results are striking:

Adding fish meal to cows' diets slashed stearic acid levels by over 26%[16]

Researchers in Northern Ireland managed to dramatically alter milk's natural fat balance, reducing saturated fat from 64% to just over 50% while boosting unsaturated fat from 35% to 46%[17]

A combination of linseed (rapeseed) oil and fish oil doubled the PUFA concentration in milk and reduced the SFA content[18]

Total unsaturated fat content of milk fat increased in a linear fashion with increased level of rapeseed oil (canola) in the diet[19]

The goat dairy industry tells the same concerning story. Multiple studies confirm that when goats receive supplemental feed designed to be higher in PUFAs, their milk's fatty acid profile shifts — higher in PUFAs, lower in beneficial saturated fats.[20,21,22,23]

> *"Milk from goats receiving sunflower seeds or oil supplementation displayed an improvement in the FA profile, with an increased PUFA and monounsaturated FA contents and a decreased in SFA content."*[24]

The industry has become so efficient at this manipulation that they've developed specialized techniques, like binding unsaturated fats with calcium salts to protect them from the animal's natural conversion processes.[25] This allows the PUFAs to pass directly into the milk, unchanged. The results are dramatic — successfully lowering saturated fat and increasing unsaturated fat levels.[26,27]

Perhaps most telling is how the industry views these changes — celebrating the "improvement" in the fatty acid profile. Some researchers even advocate for deliberately selecting cows that produce milk with more unsaturated fats.[28]

Latest Comments

pete fairhurst 2 on Planet Lockdown to follow The Great Poisoning

pete fairhurst 2 on Kicker Conspiracy 2: Are the jabbed players crocked?

Tapestry on Ronald Dump dumps NATO and USAID. 'Dumber than a box of bricks' says Ritter.

Belyi on Ronald Dump dumps NATO and USAID. 'Dumber than a box of bricks' says Ritter.

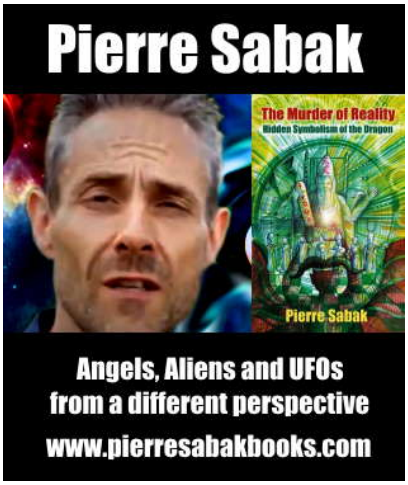
Belyi on Kicker Conspiracy 2: Are the jabbed players crocked?

Tapestry on See political thought like a prayer

pete fairhurst 2 on See political thought like a prayer

Links and Ads

The Tap is a free resource. To help keep it free please visit our advertisers and/or consider a small donation.



StreamingVideoProvider

Ecommerce-Help

Specialists in Ecommerce and Shopping Cart systems. We also offer WordPress setup, development, fixing and support.

WordPress

www.ecommerce-help.co.uk

> *"A more healthful milk fatty acid composition can be achieved by altering the cow's diet, for example, by feeding supplemental fish oil (FO) or roasted soybeans (RSB), or by selecting cows with a more unsaturated milk fatty acid composition."*[29]

They proudly note that butter spreads more easily due to higher PUFA levels — a characteristic that might please consumers but signals a fundamental shift away from dairy's natural composition.

> *"The purpose of the study was to obtain butter enriched with PUFA from the milk of Holstein cows with a modified fatty acid composition towards an increased content of unsaturated fatty acids ...*
>
> *In the milk fat of the milk of the experimental group of cows, the total amount of saturated fatty acids was reduced by 14.9%, and unsaturated fatty acid level was increased by 12.6%; as a result, the ratio of unsaturated to saturated fatty acids was higher by 31.7%."*[30]

However, other researchers are pointing out a big problem — that increasing the PUFA content in dairy will increase the risk of oxidation. DUH! PUFAs are UNSTABLE molecules due to the multiple double bonds in the fatty acid structure.

> *"Increasing the concentration of nutritionally beneficial FAs in milk also increases the risk of milk fat oxidation, leading to changes in the nutritional and dietary properties of milk."*[31]

"However, there are also problems associated with having high UFA content in milk fat, including its lower stability and the accompanying phenomena such as oxidation and possible sensory changes, such as oxidation."[32]

Can we please spend research dollars elsewhere? There are countless areas where research dollars would be better spent — we do not need to manipulate the natural design of Mother Nature.

Fishy Milk

In an age where it feels like nothing escapes the grasp of "innovation," some dairy products are now being mixed with algal oil. But let's pause for a moment — this is not a health food trend we should be celebrating. When did we start treating whole foods like they need to be re-engineered? While omega-3s are beneficial in moderation, more isn't necessarily better. Algal oil has the potential to oxidize during digestion,[33,34] creating harmful by-products.[35]

Milk, in its natural form, isn't high in omega-3s — this isn't something that has been part of its composition for millennia. Adding excess omega-3s to milk creates something unnatural, straying far from the nutritional balance nature intended. DHA is present in milk, but only in small, balanced amounts. That's how it's always been, and that's how it should stay.

So, no, we don't need "omega-3 enriched milk." We should focus on the naturally occurring fatty acid composition that milk was meant to have. Just because a small amount of something has benefits doesn't mean the more, the better. It's about balance — the balance that Mother Nature created over thousands of years. Let's leave milk as … milk.

https://articles.mercola.com/sites/articles/archive/2025/02/04/milk-rumen-protected-fats.aspx?ui=34fa29cbfa00b5391685512ec2ab0b2f8ed29d6321c49e56cf1b2a4d306e8cfa&sd=20120401&cid_source=dnl&cid_medi[illegible]e&cid=2025020

Share this

Post Views: 209

2 Responses to "How they turn healthy milk into unhealthy"

Belyi says: 4 Feb 2025 06:58

Fiddle about with it however you like, but cows' milk isn't meant for humans; it's meant for calves. There are many substitutes and my favourite is organic almond milk.

LOG IN TO REPLY

Tapestry says: 4 Feb 2025 09:34

I grew up on a dairy farm. We drank raw milk from three months. Sorry, calves, but raw milk drinkers are better at maths having enough amino-acids for the brain to develop to its best potential. I m sure such information is suppressed. Almond milk sounds lovely, and judging by your comments Belyi is good for students of English language.

www.ecommerce-help.co.uk/wordpress-services

Alternative View Media

The guys who run The Tap and The Alternative View Conference. Avaialble for event production and management in the UK.

AV MEDIA

Events: www.alternativeview.co.uk

Event Production: www.alternativeviewmedia.co.uk

Latest Frequency

THE HOLY GRAIL

584069724426078

or

58407

Download https://thelawoffrequencies.com

Rife and The Law of Frequencies video presentation

LOG IN TO REPLY

LEAVE A REPLY

You must be logged in to post a comment.

Buy The Tap a Coffee

Support the Tap

Help with hosting costs

Donate Now ›

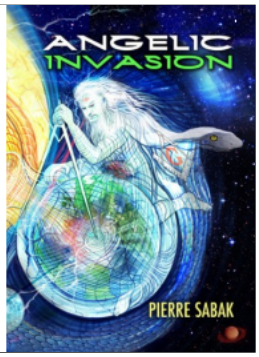
Secure Donation

Angelic Invasion

The fascinating new book by Author and Researcher Pierre Sabak

'A UNIFIED THEORY OF UFOLOGY'

Visit www.pierresabakbooks.com



The Alternative View 5G Special

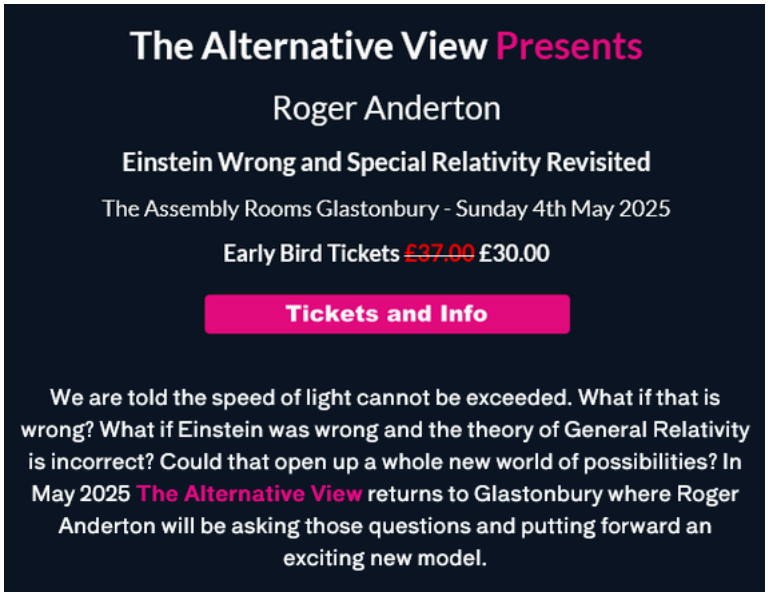
Sunday 9th March 2025 - South Wales

John Kitson - Claire Edwards - Mark Steele

Each speaker will be focusing on a different aspect of 5G and associated subjects

Tickets £40.00

Tickets and Info



This site is intended as an informational guide. The remedies approaches and techniques described hearin are meant to supplement, and not be a substitute for, professional, medical care or treatments. Any information is for entertainment purposes only. Any previous articles which prefix the **8th of February 2023** have no involvement in new upload to this site. Any Copy right infringements are not intended and any such should be made aware to the site for immediate withdraw. Articles posted here are for your consideration at your discretion. No purported facts have been verified. Articles do not necessarily reflect the views of the poster nor the site owner.

Blog editor - editor[at]tapnewswire.com

sftp://tap@opal16.opalstack.com/home/tap/apps/singtap/c3/vault/loader.php